

It's Official! Community Support Network has Moved!

The Community Support Network (CSN), a unit within the Montgomery County Department of Health and Human Services, Aging and Disability Services, relocated to new office space. The move took place at the end of August.

CSN's new contact information is:
Montgomery County Department of Health and Human Services
Community Support Network
11 N. Washington Street, Suite 450
Rockville, Maryland 20850

The CSN main numbers will remain the same:
240-777-1216 voice
240-777-1217 TTY
240-777-4625 fax

All CSN staff will keep their same phone numbers. If you have any questions about the move or need to get in contact with CSN staff, feel free to call our main line number and staff will be happy to assist you!



Become a Subscriber!

The Community Support Network has a mailing list comprised of individuals, families, organizations, and schools for various mailings. To receive our mailings, please call 240-777-1216 to leave your name and mailing address information. We will be happy to add you or your organization to our list.

If you are a regular recipient of the newsletter or other CSN mailings and are moving in the near future, please call 240-777-1216 so that we can change your address in our database.

Autumn 2005

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Helping to Make Your Community Links



OCTOBER 2005							NOVEMBER 2005							DECEMBER 2005						
Su	Mo	Tu	We	Th	Fri	Sat	Su	Mo	Tu	We	Th	Fri	Sat	Su	Mo	Tu	We	Th	Fri	Sat
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Calendar of Events

October



1 Magical Montgomery

Cultural Festival featuring Montgomery County's artists and art organizations. Two stages with entertainment. Silver Plaza, Downtown Silver Spring, 12 noon-6 p.m., H, 301-215-7227, www.creativemoco.com.

1 Taste of Bethesda

40,000 attendees converge in the Woodmont Triangle area of downtown Bethesda to enjoy tastes from over 50 participating restaurants. Four musical entertainment stages provide the sounds of jazz, rock and roll, swing, blues and Latino music. An area with children's activities is also featured. Woodmont Triangle, Norfolk & Woodmont Avenues, Bethesda, 11 a.m.-4 p.m., H, 301-215-6660, ext. 16, www.bethesda.org.

1, 2, 8, 9, 10, 15, 16, 22, 23, 29, 30 Butler's Orchard Pumpkin Festival 25th Annual

Pumpkins, hayrides, pony rides, hayloft jumping, food, crafts, animals, entertainment, caramel apples, straw maze and more! Butler's Orchard, Germantown, Saturday-Sunday, 10 a.m.-5 p.m. and Columbus Day (10th), \$, H, 301-972-3299, www.butlersorchard.com.

9 Oktoberfest at the Kentlands

Enjoy authentic German cuisine, Bavarian music and dancers, arts & crafts, horse drawn hayrides, scarecrow making and other activities for the entire family. Held in partnership with the Kentlands Citizens Assembly. Kentland's Village Green, Gaithersburg, 12 noon-4 p.m., H, 301-258-6350, www.gaithersburgmd.gov.

15-29 National CHARACTER COUNTS! Week Celebration

Students from schools in the Gaithersburg area celebrate the six pillars of character (trustworthiness, respect, responsibility, fairness, caring, and citizenship) with words and pictures. Lakeforest Mall, Gaithersburg, during Mall Hours; Award reception on 19th from 7-8 p.m., H, 301-840-5840, www.shoplakeforest.com.

28 In Search of Ghosts

Murder, disease and thwarted love can all be experienced at this eerie evening of storytelling. Reservations required. Beall-Dawson House, Rockville, tours start at 7:30, 7:45, 8:00, 8:15 and 8:30, \$, 301-340-2825, www.montgomeryhistory.org.

29 Potomac Day

Day of festivities such as a parade, 5K run, business fair, children's festival and safety programs. Potomac Promenade Shopping Center, Potomac, 9 a.m.-3 p.m., H, 301-299-2170, www.potomacchamber.org.

\$ fee/admission H handicap accessible H* limited handicap access TBA to be announced

November



5 Maryland Emancipation Celebration

Living history, tours of slave cabin, speaker, gospel choir to celebrate the freedom of slaves in Maryland, November 1, 1864. Oakley Cabin, Brookeville, 12 noon-4 p.m., H*, 301-258-4044, www.montgomeryparksfnd.org.

6 28th Annual Gaithersburg Railroad and Transportation Artifacts Show & Sale

Over 300 dealers, 600 tables of 18th, 19th and 20th Century artifacts from railroads, steamships, airlines and buses for sale! Montgomery County Fairgrounds, Gaithersburg, 9 a.m.-4 p.m., \$, H, 703-536-2954, www.gserr.com.

11 Gaithersburg's Veteran's Day Ceremony

Join city officials in a tribute to veterans. Activities include a wreath laying ceremony at the City Hall Veteran's Memorial. City Hall Concert Pavilion, Gaithersburg, 3 p.m., H, 301-258-6350, www.gaithersburgmd.gov.



16-12/18 "A Year with Frog and Toad"

Round House Theatre presents the Washington DC-area Premiere "A Year with Frog and Toad," a family-friendly musical based on the Arnold Lobel stories directed by Nick Olcott. Round House Theatre, Bethesda, Wednesdays, 7:30 p.m.; Thursdays-Saturdays, 8 p.m.; Saturdays and Sundays, 3 p.m., \$, H, 240-644-1100, www.roundhousetheatre.org.

19 Montgomery County Thanksgiving Parade

Annual parade with giant helium balloons to usher in the holiday season. Parade is televised on News Channel 8. Starting at Georgia and Sligo and finishing at the Silver Plaza on Ellsworth, Downtown Silver Spring, 10 a.m.-12 noon, H, 301-565-7300, www.silversprUng.com.

25- 12/31 Winter Lights Festival

Now in its 10th year, the Gaithersburg Winter Lights Festival has become a treasured holiday tradition throughout the year. A 3.5 mile drive through light festival with more than 350 displays, 60 of which are animated. A portion of the proceeds benefit local charities. Seneca Creek State Park, Gaithersburg, Sunday-Thursday, 6-9 p.m. nightly; Friday and Saturday, 6-10 p.m., \$, H, 301-258-6350, www.gaithersburgmd.gov.

25- 1/15 Seussical

A show for family audiences featuring top Washington professional actors in the beautiful Lerner Family Theatre at Imagination Stage in Bethesda. Imagination Stage, Bethesda, Saturday at 3:30 and 7 p.m.; Sunday at 12:30 and 3:30 p.m.; field trip matinees Tuesday-Friday at 10:30 a.m.; Winter Break Matinees December 26-30 at 10:30 a.m. and 1:30 p.m., \$, H, 301-280-1660, www.ImaginationStage.org.

December

3 & 4, 10 & 11, 17 & 18 Holly Trolleyfest

Ride with Santa on the street cars and see toy trains! National Capital Trolley Museum, Silver Spring, 5-9 p.m., H*, 301-384-6088, www.dctrolley.org.

4 Holiday Tree Lighting and Open House

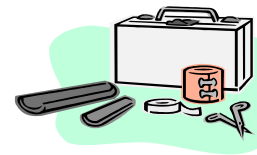
Santa arrives in his horse-drawn wagon at this annual holiday open house. History Center at the Waters House, Germantown, 4:30-6 p.m., H, 301-762-1492, www.montgomeryhistory.org.



9, 10, 11 Sugarloaf Crafts Festival

This exciting event features the collective creativity of more than 300 craft designers and fine artists from across the nation. Montgomery County Fairgrounds, Gaithersburg, Friday and Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m., \$, H, 800-210-9900, www.SugarloafCrafts.com.

National Capital Region Disability Preparedness Initiative



The National Capital Region (NCR) Disability Preparedness Initiative is designed to implement a series of activities that will enhance ongoing Urban Area Security Initiative (UASI) emergency planning in the National Capital Region by incorporating into it new preparedness planning for individuals with disabilities and other special needs. These activities include:

- *Survey first responders and regional and local planners to assess (and raise awareness of) resources and needs for disability preparedness in localities throughout the region.
- *Provide technical assistance and skills development to first responders to assist them in including persons with disabilities in planning activities and in response and recovery plans.
- *Identify people with disabilities living independently, with family, or in residential facilities and recruit them to participate in planning activities.
- *Plan and implement an information campaign to inform the public about ways to better prepare in the event of an emergency.
- *Establish an NCR Disability Advisory Committee to be a visible public presence and oversee development of inclusive emergency preparedness, response and recovery.
- *Hold a one-day regional conference on the roles and responsibilities in emergency preparedness of people with disabilities, advocates, agencies and service providers.
- *Develop a curriculum for persons with disabilities to prepare them to participate effectively in planning, and to pass on their skills to other people with disabilities.
- *Develop a “planning participation course” for disability agency staff and service provider staff to help prepare them to do effective emergency planning and implementation.
- *Develop an enhanced emergency communication network for persons with disabilities.

For more information on the Initiative, or to obtain information on making your own emergency plans and kits, visit <http://www.disabilitypreparedness-ncr.net/>.

National Down Syndrome Society's Buddy Walk

The National Down Syndrome Society established the Buddy Walk in 1995 to promote acceptance and inclusion of people with Down Syndrome and to celebrate October, National Down Syndrome Awareness Month.



The National Down Syndrome Society's Parents of Children with Down Syndrome Buddy Walk will be held on October 16, 2005 from 1:00 p.m.—3:30 p.m. This year's Buddy Walk will be held at Town Hall, 3710 Mitchell Street at Armory Avenue, in Kensington. For more information, call 301-916-4985 or visit www.podsmc.org or www.BuddyWalk.org.

Community Support Network Website



Don't forget to check out the Community Support Network's website at <http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/disability/DevDisabil.asp>. Here you can view the newsletter online, and obtain information about upcoming free Educational Seminars and services provided by the Community Support Network.

Tips That May Help Ease Your Child's Transition to Adulthood

1. **Help build your son's or daughter's self-determination and self-advocacy skills.** All young people should have a strong sense of their strengths, abilities, and interests. If students have a disability, they should also be aware of how it might affect them at work, in the community, and in their educational pursuits. Transition is a wonderful time to explore how youth will talk about their disability in different settings and ask for any support or accommodation they will need.
2. **Help develop your child's social outlets.** Social relationships and recreation are more than fun; they are important tools that help tie people into the community and provide a wider network of support. Although social isolation can be an issue for many young adults with disabilities, transition planning that addresses opportunities for social relationships and recreation can build a bridge to success.
3. **Expand your network and explore community supports.** As children with disabilities become adults with disabilities, they may need support from a variety of sources. Start now to develop helpful networks for your child. Who do you know in your family, social group, professional circle, religious community or other sphere who could help provide social, recreational, work, or volunteer experiences for your young adult? Look, too, at adults in the community who have the same disability as your child to learn what kinds of supports they use.
4. **Make sure your son registers with Selective Service at age 18.** All males—including those with disabilities—must register with Selective Service within 30 days of their 18th birthday. (Exceptions are made for young men in institutional care.) Failure to do so can affect a person's ability to receive federal and state benefits, including student loans, job training, and government jobs. Learn more at www.sss.gov.
5. **Explore post-secondary accommodations.** Students who receive academic programming and support in high school through Individualized Education Programs (IEP's) and 504 plans will not automatically have the same support after they graduate. Although post-secondary institutions are required to provide reasonable accommodations to students with disabilities, they are not required to modify course work, if it would substantially change program requirements. When you and your student visit a prospective school, visit the campus's Disability Services Office to:
 - a. Explore how to document your student's disability;
 - b. Ask if you can talk with other students and families about their experiences in this particular program;
 - c. Inquire about what accommodations are available. In addition to note takers, extended time, and alternative testing environments, are other, less common services offered?
6. **Investigate SSI programs.** Financial planning is an important part of transition. Many people with disabilities are beneficiaries of Supplemental Security Income (SSI), a federal program that provides a monthly benefit check that can help pay for living expenses. A lesser-known program of SSI, called Plan for Achieving Self-Support (PASS), may be helpful to some SSI recipients. It allows a person with disabilities to set aside income and resources in order to reach a work goal. These goals could include such things as enrolling in an educational or training program; obtaining supported employment; starting a business; or purchasing a vehicle to commute to work. Social Security information on SSI is at www.ssa.gov/work/ResourcesToolkit/pass.html.
7. **Encourage your child to build a resume by volunteering.** Many young people struggle to find work experiences that help them compete in the job market. Volunteering is a great solution. Young adults can gain skills and build a resume that shows a prospective employer their abilities, initiative, and dedication to work. Volunteering can also help develop additional social skills, especially if it is done along with a parent, friend, or group of peers.

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8. **Help your child learn “soft” employment skills.** In addition to the work skills people need for their jobs, they also need “soft skills.” These include such things as being able to accept direction, ask for help, deal with conflict, and engage in interpersonal communication. They also include being prompt, having appropriate hygiene, and dressing properly for the workplace. An employer is more likely to be patient with an employee learning the technical aspects of a job if soft skills are in place. You can help your young adult develop these skills by practicing them at home.
9. **Plan for health care management.** Like most people, young adults with disabilities need to manage their health care and insurance. You should develop a clear plan on how to address health care needs once your child reaches adulthood.

-by Marcia Kelly, Pacesetter, Summer 2005



Governor Ehrlich Named ‘Governor of the Year’ by National Multiple Sclerosis Society

The National Multiple Sclerosis Society (NMSS) Board of Directors in Washington, D.C. has awarded Governor Robert L. Ehrlich, Jr. the 2004 ‘Governor of the Year Award.’ Tom Liberatore of the Maryland Chapter of NMSS said Governor Ehrlich was selected because he has consistently demonstrated great interest in improving services for individuals with disabilities and illnesses like MS. “We thank him for his service and applaud his commitment to individuals living with multiple sclerosis,” Liberatore said.

In accepting the award, Governor Ehrlich commented: “I believe anyone living with a disability, or an illness like MS, can live an independent, productive and full life in his or her community. I am truly humbled to receive this award, and I congratulate the National Multiple Sclerosis Society for their tremendous work for a great cause.”

According to the NMSS, Governor Ehrlich received the award because he has:

- Publicly made disability issues a primary platform of his Administration;
- Established a first-in-the-nation, cabinet-level department addressing the needs of Maryland citizens with disabilities and chronic illnesses;
- Proposed a \$371 million increase in state funding for the Maryland Medicaid program;
- Proposed funding increases to several Medicaid community-based waiver programs to support individuals with multiple sclerosis;
- Supported legislation and funded the Medicaid buy-in program allowing more people with disabilities and chronic conditions who return to work to obtain needed medical coverage.

Founded in 1946, the National Multiple Sclerosis Society supports MS research and provides multiple services, professional education programs and advocacy efforts for people with MS.

-from June 2005 Maryland Department of Disabilities Monthly Update

7 Steps for Developing Your Children's Self-Esteem

1. Praise your children often. Praise helps to build self-confidence.
2. Give compliments every chance you get. We take a lot of things our children do for granted. When they clear the table, do their homework, or feed the dog, say, "Thanks!" Otherwise you are missing a great chance to reinforce the behavior you want.
3. Acknowledge special efforts. Notice when your children do something special, such as display their best manners at a restaurant, dress nicely for school, or say "please" and "thank you" without your coaxing. All of these deserve your praise.
4. Recognize each good decision. When your children make the wisest choice in any situation, point it out with a smile and a hug. We are often tempted to compliment from the negative perspective, such as, "It's about time you did it right." This reaction is actually a put-down.
5. Avoid put-downs, even as jokes. Children take them seriously. They may not admit it, may even laugh with you, but on some level they believe the put-down is deserved and this contributes to poor self-esteem.
6. Praise academic achievements. An "A" is a wonderful grade, but it is not the only grade deserving of praise. Encourage progress by praising all achievements, big and small.
7. Don't compare your children. "Your older brother was able to do this faster" only discourages a child and causes resentment. Remember that each child is different and special.

-from Smart Parenting, Montgomery County Child Welfare Services



Maryland Man Wins Small Business Award

Greg Prater has been named as one of the winners of the U.S. Small Business Administration's (SBA) Annual Small Business Week Awards Program. Mr. Prater won the prestigious award as the first time winner of the "Small Business Owner with a Disability" award. Greg and the other winners were honored at the 21st Annual Maryland Small Business Week Awards Breakfast on Friday, May 13 at Martin's West in Woodlawn. The U.S. Congress chartered the SBA in 1953 to aid, council, assist, and advocate for small businesses.

When Mr. Prater was 18, he was involved in a serious car accident, which left him unable to speak and walk. After years of therapy and a strong will for self-determination, Greg started Greg's Vending Machines. This business is one of the first in Maryland started by a person with a developmental disability. Greg has had to work hard to become a successful entrepreneur. He began by being employed in a sheltered workshop. He also volunteered at Carroll County General Hospital. Greg became bored with his work at the sheltered workshop and began selling packs of gum to the employees at the workshop. This gave Don Rowe, Director of Employment Services, the magnificent idea of supporting Greg with starting his own vending machine business. Five vending machines later, Greg is now touted as a "successful entrepreneur." Greg's business has been an outstanding success that has been widely publicized in local, regional and national news accounts.

Numerous individuals and organizations helped Greg get his vending machine business off the ground by providing support and helping to obtain financing. Don Rowe, Director of Employment Services for The Arc of Carroll County, a Developmental Disabilities Administration funded organization, was the lead staff member who helped Greg start his business. Morris Tranen, president of RISE Partners, and Marcia Rohrer and Barbara Krupnick, state rehabilitation specialists with DORS, were also instrumental in this undertaking. Rowe, who continues to assist Greg, observed that "By example, Greg has opened up opportunities for others."

If you would like more information, contact Don Rowe or Tim Atkinson at The Arc of Carroll County at 410-848-4124.

-from Developments, Summer 2005

Montgomery County
Department of Health and Human Services
Aging and Disability Services
Community Support Network
11 N. Washington Street
Suite 450
Rockville, MD 20850



Free Educational Seminars For Parents And Caregivers Of Individuals With Developmental Disabilities

Montgomery County Department of Health & Human Services (MCDHHS), in collaboration with the Jewish Social Service Agency (JSSA), is pleased to sponsor seminars for parents and caregivers of individuals with developmental disabilities. All seminars are free for participants, however **registration is required**. The following seminars have been scheduled for the fall:

Tuesday	October 18, 2005	Social Security Benefits	6:45 p.m.—9:00 p.m.
Tuesday	November 8, 2005	Caring for the Caregiver	6:45 p.m.—9:00 p.m.
Tuesday	December 13, 2005	Preventing Victimization	6:45 p.m.—9:00 p.m.

For more information or to register, please call 240-777-1216 or TTY 240-777-1217. Space is limited. If you require assistance in order to participate, please call 240-777-1216 one week prior to the seminar date.
